

Symptoms of Estrogen Deficiency

<p>Physical</p> <ul style="list-style-type: none"> • Hot flashes • Fatigue • Headaches/migraines • Night sweats • Vaginal and/or bladder infections • Incontinence • UTI's • Forgetfulness • Difficulty falling asleep • Poor concentration 	<ul style="list-style-type: none"> • Testosterone imbalance • Lower libido • Painful intercourse • Osteoporosis • Episodes of rapid heart beat • Decreased verbal skills • Irregular Bleeding 	<p>Emotional</p> <ul style="list-style-type: none"> • Depression • Minor anxiety • Emotional instability • Feelings of despair • Crying easily
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Properties of Estrogens

<ul style="list-style-type: none"> • Creates endometrium • Development at puberty • Regulates menstrual cycle • Plumps vaginal tissue and reduces vaginal dryness • Slows bone loss • Can help reduce incidence of heart attacks • Anti-aging factor • Increases sensitivity of progesterone receptors • Affects more than 300 tissue systems of the body • Uplifts mood 	<ul style="list-style-type: none"> • Lowers LDL • Increases HDL • Decreases lipoprotein(a) and homocysteine • Affects every neurotransmitter in the brain; • Including serotonin, dopamine, GABA • Adds moisture to skin • Affects brain function responsible memory and motivation • Needed for verbal memory and to learn new concepts, reasoning, and fine motor skills
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Symptoms Associated with Estrogen Dominance

<ul style="list-style-type: none"> • Breast cyst/breast pain • PMS • Irregular bleeding • Fluid retention • Headaches • Breast adenomas • Gall bladder problems • Blood sugar problems 	<ul style="list-style-type: none"> • Nutrient deficiencies • Nervous/Irritability • Low libido • Fibroids • Hormonal cancers • Heavy menstruation • Bloating 	<ul style="list-style-type: none"> • Weight gain • Nausea • Endometriosis • Thyroid problems • Mood swings • Sleep disturbances • Sugar cravings
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Symptoms Associated with Progesterone Deficiency

Physical

- Fibrocystic breasts or breast pain
- Anxiety
- Fluid Retention
- Stressed Easily
- Weight gain
- Irritability
- Break-through-bleeding
- PMS
- Low Body Temperature
- Hair Loss
- Headaches/migraines
- Endometriosis
- Sleep Disturbances
- Heavy Periods
- Cramps
- Fibroids
- Hypothyroidism
- Bone Loss
- Irregular cycle/spotting between cycles
- Infertility

Emotional

- Anxiety
- Over Reacting
- Easily alarmed
- Stressed
- Feelings of confusion
- Mood swings
- Irritability
- Nervous
- Jittery
- Depression

Roles and Properties of Progesterone

- Decreases menstrual bleeding
- Decreases fat storage
- Anti-cancer; especially protective of the breast
- Increases body supply of oxygen
- Helps prevent hardening of the arteries
- Improves brain structure and function, memory
- Increases metabolic rate
- Helps regulate water retention
- Required for conception and gestation
- Increases intelligence of fetus
- Mild sedative in large doses
- Protects against miscarriage
- Prevents PMS
- Stimulates new bone formation
- Anti-aging to skin
- Inhibits Fibrocystic Breast Disease
- Natural antidepressant
- Facilitates thyroid hormone action

- Normalizes blood sugar levels
- Reduces spotting
- Tones blood vessels
- Reduces irritability and anxiety
- Reduces testosterone imbalance
- Prevents endometrial cancer
- Anti-aging hormone
- Useful in some cases of seizure disorder
- Helps prevent high blood pressure
- Reduces risk of autoimmune diseases
- Increases (Ig-E) to help prevent sinus, respiratory, vaginal infections and allergic reactions
- Increases sensitivity of estrogen receptors
- Natural diuretic
- Raises HDL, lowers triglycerides
- Restores sex drive
- Functions as a precursor to corticosteroids and other steroidal hormones

- Blocks estrogen's side effects and excessive estrogen
- Increases endurance during exercise
- Calms and protects nervous system
- Protective effect on brain chemistry
- Reduces cravings for sweets/carbs
- Thymus gland depends on progesterone
- Most protective hormone the body produces
- Improve efficiency of the heart
- Basic hormone of adaptation and resistance to stress
- Restores normal sleep patterns
- Enhances number of insulin receptors on cells
- Used by adrenals to produce anti-stress hormones

Symptoms of *Excess* Androgens

Physical

- Acne/oily skin
- Facial hair
- Deepened voice
- Ovarian Cyst
- Hypoglycemia
- Mid-cycle pain
- Low HDL

- Thinning scalp hair
- Breast cancer risk
- Painful nipples

Emotional

- Agitated
- Angry
- Irritable

Symptoms of *Androgen Deficiency*

Physical

- Loss of libido
- Impaired sexual function
- Aches/pain/arthritis
- Incontinence
- Thinning skin
- Thin tissue of the vulva and labia
- Loss of muscle tone
- Wrinkled skin
- Lichen sclerosus
- Hot flashes

Emotional

- Depression
- Lack of drive and confidence
- Demotivation

Properties of Androgens

- Cardiovascular protection
- Help with brain function
- Build bones
- Enhances libido

- Build Muscle
- Anti-aging to skin
- Antidepressant